

Health secrets of Yim Ho

More and more people are turning to dietary supplements to improve their health. Are dietary supplements and traditional mainstream medicine any different from each other?

Mother Nature has been looking after us since the dawn of humans. She gives everyone of us a self-healing mechanism called the immune system, which supplies us life's essentials day in and day out. The immune system comes with a "user manual". All of us must provide our bodies with the conditions optimal for our immune system to keep us alive and kicking. It is a pity, however, few understand this "user manual" and the immune system can fail as a result. If you feel under the weather, it is always a good idea to see a doctor. But, human medicine is not perfect. In fact, no pharmaceuticals in the world can heal the immune system. Medicine may help suppress an immune system that is too strong or offer a boost to one that is frail. Use of medicine under optimal conditions can be a means to nurturing your immune defences but the body will never regain its health.



Budwig Diet is a healthy diet based on the use of lots of vegetables and oils that are rich in omega-3 fatty acids. To ensure that the good oil is well-absorbed, a recipe of mixing fresh cheese (or cottage cheese) with flaxseed oil would be perfect for providing both protein and omega-3 essential fatty acids. It does not increase the burden of the digestive system and is suitable for long-term use for many people.

Dietary supplements fill gaps in modern medicine

Eating right can help fill the gaps in mainstream medicine offers. Nature's medicine chest contains remedies for preserving the functions of the immune system while no pharmaceuticals are able to do so. This is how the two are different.

Five factors that affect the immune system:

1. Lifestyle
2. Mood
3. Exercise
4. Diet
5. Food

Sleep and optimism equally important

Adequate sleep is the key to a healthy lifestyle. Sleep is a "switch" designed for humans by the Mother Nature. By putting people into a "sleep" mode, it recharges our batteries. It is important that we turn in by 11pm. You can wake up early but never go late to rest.

Staying optimistic is as vital as getting a good sleep. You need to learn to let off steam. Stress is the root of all illnesses including insomnia, stomach pains, mood disorders, skin diseases, heart diseases, cancer and colds etc. Optimism is another "switch" designed by the Mother Nature and you and you alone are in control.

Strolling or quick walk helps a great deal with the above. A daily stroll of 30 to 45 minutes in fresh air for five days a week and keep it up for 12 weeks can increase the amount of immune cells in your system.

Watch your diet and eat sensibly. Cut down on your sugar intake and hands off your junk foods and processed foods. Remember: you are what you eat!

Water most neglected yet vital

When it comes to food choices, as long as you keep your blood vessels and



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guts happy then you may rest easy, so to speak. What matters most is the least valued and most common resource: water!

Blood plasma is more than 90% water, not fruit juice, tea, coffee, consommé, congee, instant noodle soup, dessert, soda or wine. No other drinks can replace a glass of water. A lack of water gives you constipation, migraines, dry skin, mood swings, bad breath, soar throat, colds, gout, stomach pains, kidney failure, heart diseases... Drink eight glasses of water a day, one every hour and do not wait until you are thirsty.

Food and positive energy

It has become general knowledge that we should eat less meat and more vegetables, more fish rather than meat, less pale-coloured foods, more whole grains and fruits. But as the minerals and vitamins in our food become increasingly depleted, it is beneficial for us to take dietary supplements, although it is not always the traditional Chinese tonics that are suitable. In fact a great number of people cannot tolerate such health tonics.

Last but not least, it is always helpful to stay positive and active. Surround yourself with positive people, enjoy music, keep away from noise pollution, laugh out loud and exercise your brain.